

**CHINLE UNIFIED SCHOOL
DISTRICT #24 WELLNESS POLICY
CHINLE, ARIZONA**

The Chinle Unified School District (CUSD) is issuing the following Local Wellness Policy as an important tool in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards. This policy is the result of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265), which requires schools to implement nutrition standards, physical activity goals, nutrition education goals and goals for other school based activities designed to promote student wellness.

With the passage of the Healthy Hunger-Free Kids Act of 2010 (PL 111-293, Sec 204) (the “Act”), new provisions were added expanding the scope of local wellness policies by bringing in additional stakeholders in its development, implementation, and review. The Act also requires public updates on the content and implementation of wellness policies. CUSD administration, physical education teachers, school district staff, and Southwest Foodservice Excellence staff, and members of the general public were all involved in developing this policy. The Wellness Policy committee will reevaluate the policy yearly and it is our hope to have additional school district staff, parents, community members, and students involved.

A. RESPONSIBLE OFFICIAL

CUSD has designated Priscine Jones as the school official responsible for the implementation and oversight of this Wellness Policy and with the obligation to ensure that each school complies with this policy. You may contact Priscine Jones at:

Priscine Jones
POP Box 287
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928-674-9630

B. STAKEHOLDER INVOLVEMENT

CUSD wants all stakeholders in students’ health and nutrition to participate in the development, implementation, and periodic review and update of the Wellness Policy. Stakeholders include parents, student representatives, food service, teachers, school health professionals, the CUSD Governing Board, administrators, and the general public. CUSD will inform the public about the content and implementation of the Wellness Policy and make the policy and any updates available to the public on an annual basis.

C. NUTRITION STANDARDS AND GUIDELINES

All CUSD schools shall comply with the nutrition standards and guidelines outlined below. These policies are intended to provide a healthier school environment for students and employees. The following specific nutrition standards pertain to all foods and beverages served or made available to students on CUSD campuses during the school day. This includes school meals, a la carte, and classroom snacks.

1. The food service program in shall comply with the nutrition standards specified in the U.S. Department of Agriculture's (USDA) *Smart Snacks* rules when it offers competitive foods to students on the school campus during the school day. "Competitive foods" are all food and beverages that are offered by any person, organization or entity for sale to students on the school campus during the school day that are not reimbursed under programs authorized by federal law. All competitive foods sold to students on a campus during the school day must meet the minimum nutritional standards set by the Smart Snacks rules.
2. All CUSD elementary and middle school campuses will follow the Arizona Nutrition Guidelines (See Attachment #1 for details). Implementing these standards successfully will help maintain children's health and ensure that they are ready to learn. In addition, this will guarantee that school environments are supporting both parents and teachers as they encourage children to establish healthy eating behaviors.
3. All CUSD schools will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Food served in school cafeterias will meet all Nutrient Standards established by the USDA. The Food & Nutrition Department will provide snacks that meet federal nutrition guidelines to after-school programs as appropriate.
4. Adequate time will be provided for students to receive and consume meals. The minimum permitted eating time for each student after being served is at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
5. No foods may be sold in competition with Lunch and Breakfast programs. Vending machines and competitive food sales are allowed to begin selling after the end of the last lunch period. A la carte sales run by the Food Services Department are not limited because foods sold follow the nutrition guidelines.
6. No outside food may be sold on campus during the school day without specific permission from the Business Office. Examples include fundraising for student activities or authorized vending. All food sold to students on campus during the school day must comply with Smart Snacks nutrition standards, even foods sold as fundraisers.
7. Students who bring their own lunches are not allowed to share any portion of their meals with other students due to the risk of allergic reactions and food safety. If a student is seen sharing his/her food, the food will be confiscated.

D. NUTRITION EXEMPTIONS

While CUSD maintains a policy of limiting exempt foods on campus, there are certain times when such items are necessary or permitted.

1. School Nurses: This policy does not apply to school nurses using foods that are not Smart Snacks-compliant during the course of providing health care to individual

- students. An example would be providing candy out of medical necessity to a diabetic student.
2. Accommodating Students with Special Needs: Special Needs Students whose Individualized Education Program (IEP) or 504 plans indicates the use of a certain food or candy for behavior modification (or other suitable need) may be given such food items.
 3. School Events:
 - a. Schools may allow each classroom to provide one birthday party each month, which must be approved by the building principal.
 - i. During these events, exempt foods may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations and Arizona Nutrition Standards.
 - ii. These events must be held in the classroom.
 - iii. No homemade foods. Foods must be bought from the store due to food safety and allergy risks. In promoting healthy celebrations, attached is a list approved beverage choices by the District Food Services.
 4. AIMS Test Days: Schools and parents may provide nutritious snacks for students taking state standardized tests. The snack must comply with the fat and sugar limits of the Smart Snacks rules and Arizona Nutrition Standards (see attachment #2). Items can be purchased from Southwest Foodservice Excellence and will comply with the state regulations.
 5. Instructional Use of Food in Classroom: Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, candy or other foods not compliant with Smart Snacks rules may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.
 6. Field Trips: School-approved field trips are exempt from the nutrition policy. However, if meals are being provided and claimed as reimbursable by Food Services, the food served must follow Smart Snacks standards and is not exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance. Food Service meal requests must be made 10 days in advance and require a roster of student names and ID numbers. Adult meals are available and must be paid prior to trip.
 7. Athletic, UIL, Band and Other Competitions: The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities,

athletic functions, etc. that occur after the normal school day are not covered by the policy. However, if reimbursable meals are being sent with students, those meals must meet nutrition standards.

E. NUTRITION EDUCATION

Nutrition education will be comprehensively given to the students at CUSD schools via the following:

- a. Age and grade-appropriate nutrition education will be coordinated into the school's comprehensive school health curriculum. It is also highly encouraged that nutrition education be integrated into other curriculums such as science, math, language arts, social sciences, etc.
- b. Healthy nutrition practices will be promoted throughout school premises by way of nutrition posters, positive eating atmosphere environment, promotional incentives, etc. We will work to promote throughout healthy nutrition practices throughout the school.
- c. Advertising of foods will be limited to foods that meet the standards described in this policy.
- d. For CUSD middle and high schools, nutrition education will be integrated into PE classes every quarter.
- e. This policy will be promoted among school faculty/staff and student families by means of formal in-service, handouts, newsletters, fun events (food demonstrations, taste-testing), and other means.
- f. Implementation and Evaluation: The District Nurse will monitor and maintain records of usage of school health curriculum and submit a quarterly report to the Director of Curriculum, Instruction, and Assessment.

F. PHYSICAL ACTIVITY

CUSD Elementary Schools

- a. Physical Activity: CUSD elementary schools will provide a minimum of 150 minutes of physical activity per week per recommendations of the National Association for Sport & Physical Education (NASPE). Of the 150 minutes per week, a minimum of 75 minutes per week will engage the students in direct structured physical activity, including SPARK activities (See <https://sparkpe.org/what-is-spark/> for details).
- b. Classroom Activities: At least 10 minutes of structured physical classroom activities, by way of spontaneous physical exercise, such as stretching, running in place, jumping jacks, and structured non-competitive play activities.
- c. Recess: At least 20 minutes of unstructured physical activity (recess) per day for all grades.

- d. Special Physical Activities: The school will promote programs that involve physical activity, such as walking programs, campaign walks, and field days.

CUSD Junior High School

- a. Activity: CUSD junior high school will provide a minimum of 150 minutes of physical activity per week per recommendations of the National Association for Sport & Physical Education (NASPE). Of the 150 minutes per week, a minimum of 75 minutes per week will engage the students in direct structured physical activity, including SPARK activities.
- b. Special Physical Activities: The school will promote programs that involve physical activity, such as walking programs, campaign walks, and field days.

CUSD High School

- a. PE: All high school students are required to complete .5 credit of physical education and .5 credit of Health Education, and may enroll in additional physical education classes as their schedules permit throughout their 4 year attendance. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.
- b. Special Physical Activities: The school will promote programs that involve physical activity, such as walking programs, campaign walks, and field days.

G. QUARTERLY EVALUATION

A regular evaluation of the wellness policy will be done quarterly of each year by the Wellness Policy contact person from each school and the _____. Evaluation questions may include and are not limited to the following:

- 1. Was the policy implemented in all of its components?
- 2. How did implementation vary from the original plan?
- 3. Are students choosing and enjoying healthier foods while on school premises?

Evaluation responses will be maintained and available for review by the general public.

H. TRIENNIAL ASSESSMENT

At least once every three years, CUSD will conduct a detailed assessment of schools' compliance with the Wellness Policy and make those assessment results available to the public. The triennial assessment will measure the implementation of the Wellness Policy and include at least the following information:

- 1. The extent to which each CUSD school is in compliance with the Wellness Policy.

2. The extent to which CUSD's Wellness Policy compares to model local school wellness policies.
3. A description of the progress made in attaining the goals set out in the Wellness Policy.

Based on the results of the assessment, CUSD will work with all stakeholders to make appropriate updates or modifications to the Wellness Policy.

I. RECORDKEEPING

CUSD will retain records to document its compliance with federal regulations regarding local wellness policies. These records include but are not limited to:

1. The written Wellness Policy.
2. Documentation demonstrating that CUSD has complied with community involvement requirements, including requirements to make the Wellness Policy and triennial assessments available to the public.
3. Documentation of the triennial assessment of the Wellness Policy for each CUSD school.

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